CARBOHYDRATES

A) What percentage of your daily calories come from carbohydrates? (2 marks)
   1. Total calories: 3938
   2. Total calories from carbs: 2064
   3. Total calories from carbs 2064 / Total calories 3938 = .52 = 52% daily calories from carbohydrates

B) On average, what percentage of your daily calories came from sugar? (2 marks)
   1. Total calories: 3938
   2. Total grams from sugar: 162
   3. Total grams from sugar 162 x 4 = 648
   4. Total calories from sugar 648 / Total calories 3938 = .16 = 16% daily calories from sugars

C) The World Health Organization recommends that sugars be limited to 5% of daily calories. Is your average consumption above or below this? And by how much? (3 marks)

My daily percentage is 16% from sugars which is above 11% higher than world health organization.

D) Of the foods you ate over the period of recording, which 5 were the highest in sugar? List these and state the total amount of sugar found in each. (5 marks)
   1. Juice Cranberry 100% (36g of sugar)
   2. Mango mousse cake (24g of sugar)
   3. Haagen-dazs (Canada) Ice Cream- Vanilla, 0.5 cup (21g of sugar)
   4. Oikos Greek Yogurt- Blueberry, 150 grams (19g of sugar)

5. Milk 1 Milk 1% Lowfat 1 cup (12g of sugar)

E) Do you think that the majority of your sugar consumption was from intrinsic sugars or added sugars? Defend your answer by using specific examples from the foods you consumed. (3 marks)

Most of the sugar consumption I have are added sugar because most of the foods were bought.
Mango mousse was made with intrinsic sugar and added sugar.

F) What was your average daily fiber consumption? Is your average consumption above or below the Adequate Intake for fiber? And by how much? (2 marks)

1. Total calories: 3938
2. Total grams of fibre: 16
3. Total grams of fibre 16 x 2 = 32
4. Total calories from fibre: 32
5. $\frac{\text{Total calories from carbs } 32}{\text{Total calories } 3938} = 0.01$ = 1% daily calories from fibre

G) Of the foods you ate over the period of recording, which 5 were the highest in fiber? List these and state the total amount of fiber found in each. (5 mark)

Pistachio Nuts - 2 oz (28g) (6g)
Generic – mango mousse cake 1 slice (2g)
McDonald's - Burger 1 burger (2g)
Choco cereals 1 cup (1g)
Japanese rice 1 cup (1g)

FAT

A) What percentage of your daily calories came from fat? (2 marks)

1. Total calories: 3938
2. Total grams of fat: 140
3. Total grams of fat 140 x 9 = 1260
4. Total calories from fat: 1260
5. $\frac{\text{Total calories from fat 1260}}{\text{Total calories 3938}} = 0.31 = 31\%$ daily calories from fat

B) Of the foods you ate over the period of recording, which 5 were the highest in trans fat? List these and state the total amount of trans fat found in each. (5 marks)

1. Pistachio Nuts 2 oz (26g)
2. Mango mousse cake (18g)
3. Haagen-dazs (Canada) ice cream vanilla (18g)
4. McDonald’s regular Fries 1 medium (16g)
5. Shredded cheese 0.25 cup (6g)

PROTEIN

A) What percentage of your average daily calories came from protein? (2 marks)

1. Total calories: 3938
2. Total grams of protein: 165
3. Total grams of protein 165 x 4 = 660
4. Total calories from protein: 660
5. Total calories from carbs
   Total calories 3938 0.16= 16% = daily calories from protein

B) Of the foods you ate over the period of recording, which 5 were the highest in protein? List these and state the total amount of protein found in each. (5 marks)

1. Live Strong barramundi 100g (25g)
2. Tacos pork 4 oz (19g)
3. Pistachio Nuts 2 oz (12g)
4. McDonald's burger (12g)
5. Flavors of Asia- sesame Sauce noodle bowl 1 container (11g)

WHOLE DIET QUESTIONS

A) The course materials recommend that the majority of your food choices come from whole versus processed and ultra-processed food. Comment on the amounts of these in your diet using specific examples. What are the implications of this current eating pattern? (7 marks)

- The foods I bought are mostly processed foods in group.
- Packed foods are the ones that are cooked or not cooked in packaging
- The whole foods I ate were corn nibblets, white rice, and one large egg.
- This current eat pattern would effect on your weight.
- Another way could be getting back your nutrient through by eating whole foods.
- Eating processed food can effect heart disease, high blood pressure and diabetes.
- Processed foods can be okay although it has to be in a balanced meal.

B) The course materials recommend a diet that is higher in plants than animals. Comment on the amounts of these in your diet using specific examples. What are the implications of this current eating pattern? (3 marks)

- I didn’t consume a lot of meat, most of the food I ate from wheat or plant base.
- It’s recommended to eat more plants than animals because plants grow more compare to animals and plants have heath fats.
- More meat causes heart disease and are very unhealthy.

C) Give 5 specific suggestions on how you can improve your diet based on what you have learned in this part of the diet analysis. (5 marks)

- I need less processed foods and more whole foods.
- Eating more Planet based diet will be lower risk of diabetes, high blood pressure, heart diseuses.
- Eat less sugar to stay average from the world health organization.
- Should have fresh fruits instead of fruit juice.
- Drink lot of water and more eat plant-based foods.